

## ***ABSTRACT***

A resilient element is used to eject a workpiece from a machine, such as a lidded container from a seaming chuck. The resilient element dual acting since it is formed of a flexible compressible material in a manner so that a first portion of the element applies a first ejecting force and a different, second portion applies a second ejecting force after completion of a task on the workpiece. This can be by a combination of flexion and compression. The resilient element can have a central panel portion of flexible resilient material and a margin portion of compressible material. A head can be formed on the central panel portion. The invention includes a chuck assembly provided with such resilient element. The invention also includes a method of ejecting workpieces from machines with the dual restorative forces.